

room for anxious relative and volunteer donors, with a blood-testing and storage laboratory adjacent, dressing cubicles for donors, scrubbing-up facilities for surgeon and donor, larger bleeding cubicles, and, last but not least, a kitchenette for preparing well-deserved refreshments for the donor.

The writer has on occasion personally conducted a citizen donor to the front en-

trance of the hospital, thanked him, and bade him farewell. Some such expression of respect and gratitude is in order. It may be acceptably rendered by a well-chosen nurse, as suggested by the British Red Cross.

Further, the way a blood donor is treated determines whether his circle of friends will serve in a like capacity.

NORMAN GUIOU

Editorial Comments

The Meyers Memorial Prize

Attention of our readers is directed to the fact that under the will of the late Dr. Campbell Meyers the sum of one hundred dollars is available every year for that member or guest of the Canadian or Provincial Medical Associations who "shall write and read at the Annual Meeting of any of these Associations the best thesis or dissertation on the study and treatment of those functional neuroses which, if untreated, or not treated sufficiently early, might probably terminate in insanity."

Very few attempts have been made to win this prize. It may be that the choice of topic is somewhat narrowly restricted under the terms of Dr. Meyers' will. He had in mind the important practical consideration that time should not be wasted on the subject of declared insanity but, rather, that attention should be given to those cases in which the patients, hampered perhaps by heredity and environment, could by suitable treatment be restored to normality and be prevented from drifting into actual insanity. His object was entirely humanitarian. It should not be hastily concluded that only those engaged in psychology and psychiatry can engage in this task. The general practitioner is the one who sees these particular cases early, and he could make a valuable contribution to our knowledge of these neuroses and psychoses, by recording his experiences and his ideas about treatment.

In bequeathing the sum of \$100.00 per year, for a period of twenty-five years, to the Canadian Medical Association—the bequest to be known as the Meyers Memorial—the late Dr. D. Campbell Meyers designates the nature of the memorial in the following, as extracted from his will, and further supplemented in a letter under date February 27, 1927.

"As I desire to perpetuate the study of the prevention of insanity in certain of its types, to which my life has been largely devoted, and as I believe the treatment of this phase of nervous disease belongs to the general physician and the neurologist, I direct my Trustees to pay to the President of the Canadian Medical Association the annual sum of one hundred dollars, for a period of twenty-five years only, to provide an honorarium to be known as The Meyers Memorial, to be awarded by the Committee consisting of the President, a physician and a neurologist, (the latter two to

be chosen by the President), to such member or guest of the Canadian or Provincial Medical Associations as shall write and read at the annual meeting of any of the said Associations the best thesis or dissertation on the study and treatment of those functional neuroses which, if untreated, or not treated sufficiently early, might probably terminate in insanity, in the hope that the further study of those neuroses will lead to the formation of specially equipped wards in General Hospitals, devoted to their study and early treatment, and more especially in those hospitals where teaching to the medical student as well as the nurse is given, such theses to be submitted to and adjudged by the above Committee. Should no thesis of sufficient merit in the opinion of the Committee be read at the annual meeting of the Association the said grant shall not be made for that year by my Trustees. I desire that my good friend, General John T. Fotherington, M.D., shall be appointed the first physician, and Dr. George F. Boyer the first neurologist on the said Committee, and that they shall continue thereon as long as they desire to act."

FURTHER NOTES ON THE FUNCTIONAL NEUROSES AS MENTIONED IN MY WILL

"As the present nomenclature of both functional nervous and mental disease is more or less transitory and may change materially in the next few years, it is impossible to classify definitely the type of disease referred to above. I desire, however, to refer to those functional neuroses in which the psychological symptoms form the essential part of the syndrome, and to that type of neuroses which develops in late adolescent or in adult life in a patient of previous good mental and nervous history, especially such neuroses as has its etiology in emotional overstrain caused by excessive grief, worry, and allied conditions to which modern life is so conducive, and which, when the present illness is successfully overcome, will enable the patient to at once return to his normal life as a good and useful citizen, and thus avert any of those persistent mental symptoms which so frequently remain as a result of a period of insanity.

"I desire to exclude from this thesis the study of mental defectives, paranoia, and similar conditions of mental disease due to hereditary or organic states, since the treatment of these conditions, however meritorious it may be from a humanitarian point of view, will not, I believe, remove the abnormal mental state of these individuals. Hence the best interests of the State will be obtained by the restoration to their normal health of those individuals who previous to their illness were fully efficient as citizens."

Dated this 7th day of February. A.D., 1927.

(Signed) D. CAMPBELL MEYERS.

It is hoped by the Committee in charge of the Meyers Memorial that members of the profession will become interested and will cooperate by way of contributions on this important field of endeavour to the program of our Annual Meetings.

The prize this year was won by Dr. D. G. McKerracher, of Brockville, Ont., for his paper entitled, "The diagnosis and treatment of neurotic disorders", and which he was scheduled to deliver at the recent annual meeting of the Association. Owing to Dr. McKerracher's illness, however, which prevented him from being present, the paper was read by title. A.G.N.

Vitamin K

We would draw attention to the paper in this issue by Drs. Townsend and Mills, dealing with the use of vitamin K and bile salts in controlling the hæmorrhagic tendency associated with ob-

structive jaundice. The literature on this subject is growing very rapidly, but it is only recently that clinical application has been made of facts which were recognized in cattle some time ago. The problem of excessive bleeding in obstructive jaundice has always constituted a grave surgical difficulty, and its solution will be an advance of great value. This paper, whilst being in the nature of a preliminary report, encourages the hope that the problem is being mastered. It also emphasizes the essential association (if there be need to emphasize it) between laboratory medicine and everyday surgical practice. H.E.M.

Special Article

DIET AND NUTRITION

GOOD NUTRITION*

BY E. P. CATHCART, M.D., D.Sc., LL.D.

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XVIII.

What do we understand by the term "state of good nutrition", and how are we to attain to this desirable state? It is usually assumed that the state of good nutrition and of being or looking well fed are the same thing. This is far from being the case. There is more danger in the modern world, where food is plentiful, of being overfed than underfed. A common belief is that the usual cause of malnutrition is lack of adequate food, and although this may be one of the causes it is by no means the only one. A person may be in a state of malnutrition from overindulgence in food. Although a proper supply of food, adequate alike in quantity and quality, plays perhaps the most important rôle in the development of the state of good nutrition there are many other factors which influence, and even determine, this desirable state of well being. Thus in addition to food there must be adequate sleep, fresh air, exercise, contentment of mind, and so on. You all realize the ill effects of lack of sleep, the depression resulting from lack of fresh air, for some, at least, the loss of energy when exercise is curtailed, and the feeling of ease and lightheartedness associated with contentment of mind. The mind, the spirit, the psyche, call it what you will, plays an enormous rôle in the perfection of nutrition.

There is a very intimate relationship between the soundness of the mind and the soundness of the body. I have been trying to make clear to you that the state of good nutrition and fitness is a very complicated process about which we know little scientifically. But what we are clear about is that the end we desire to reach through attention to the various factors known to play parts is the building up of healthy human beings, well balanced physically, mentally and emotionally, who will be capable of all the necessary adjustments to their immediate environment, be it of work or play.

It is however perfectly true that a supply of proper food is one of the essentials. When food is taken it subserves two well defined functions in the body. One of these is to supply energy to make good that which is lost in the course of every day activity. The other is to supply material for the repair of tissue broken down in the course of day to day living, and, particularly in childhood, to supply material essential for growth. But few realize the miracle that takes place within the body after the food is eaten—the conversion of dead inert foodstuffs into living tissue. This is no haphazard rebuilding in which any kind of material is utilized. A very definite selection is made of the required building stones, especially those which are derived from the very complex and varied nitrogen-containing materials called, scientifically, proteins. So far as the first function is concerned it may be stated that the great bulk of the food eaten is used for energy production. Food, as we commonly call it, is a mixture of many materials. But whether it be the humble sausage and mashed potatoes or the most expensive items on the menu all foodstuffs can be reduced or analyzed into six components or classes of substance — proteins, fats, carbohydrates, mineral salts, vitamins and water. Of these six groups two (fats and carbohydrates) are perhaps in the main, but not exclusively,

* A Trans-Canada Broadcast delivered on June 28, 1939.

Previous articles in the series of articles on Diet and Nutrition, published under the auspices of the Association's Committee on Nutrition can be found in the *Journal*, 38: 277, 387, 491, 586; 39: 76, 179, 280, 389, 483, 578; 1939, 40: 77, 174, 282, 393, 491, 597; 41: 78.